

## **Prevalence of Cigarette Smoking**

Tobacco use is the single most preventable risk factor associated with death and disease. Tobacco is a vehicle of nicotine delivery and contains about 2,000 chemical, including tar, a potential chemical carcinogen. Every year in this country approximately 400,000 deaths occur as a result of tobacco use. Health problems related to tobacco use include cancers, lung disease, heart disease and many more. The CDC reports that cigarette smoking is responsible for an estimated 87 percent of lung cancer deaths, 30 percent of all cancer deaths, and 21 percent of all coronary heart disease. There were 2,703 deaths linked to smoking in the State of Nebraska in 1997. Pregnant women who smoke can harm their fetuses resulting in a higher risk for premature birth, low birth weight, and other health problems. In addition, smokeless tobacco products (snuff and chewing tobacco) are a growing concern, especially among young adults. According to the U.S. Department of Agriculture, Americans used about 60 million pounds of smokeless tobacco products in 1993, up from 53 million pounds in 1990. Regular use of smokeless tobacco can be attributed to gum disease, tooth decay, loss of teeth, and the development of precancerous and cancerous growths in the oral cavity.

Healthy people 2010, identified tobacco reduction objectives as priorities for improving the nation's health. Consequently, state and local health agencies closely monitor tobacco use and its correlated disease outcomes. This section of the report summarizes county specific findings resulting from current cigarette and current smokeless tobacco use by adults.

The BRFSS respondents were asked, "Have you smoked at least 100 cigarettes in your entire life?" and "Do you now smoke cigarettes everyday, some day, or not at all?" Current smokers were defined as persons who reported having smoked at least 100 cigarettes during their lifetime and who currently smoke every day or some days. To determine current smokeless tobacco use respondents were asked, "Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?"

### **Ever Smoked 100 Cigarettes**

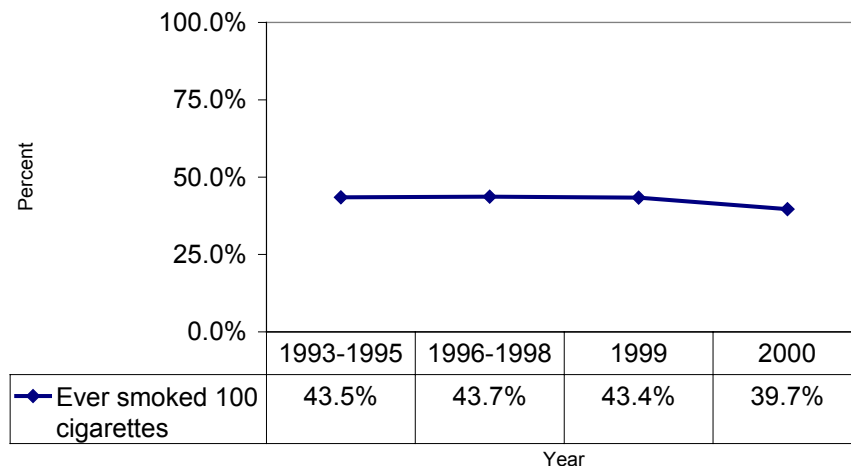
Four out of every ten adults (39.7%, 95% CI, 37.12% - 42.28%), surveyed in the 2000 Lancaster BRFSS, said they had smoked at least 100 cigarettes in their entire life.

### **Prevalence and trends**

The proportion of adults who reported smoking at least 100 cigarettes in their entire life has dropped by an average of 3.8 percent in 2000 after maintaining a steady trend in the previous BRFSS surveys (Fig.39).

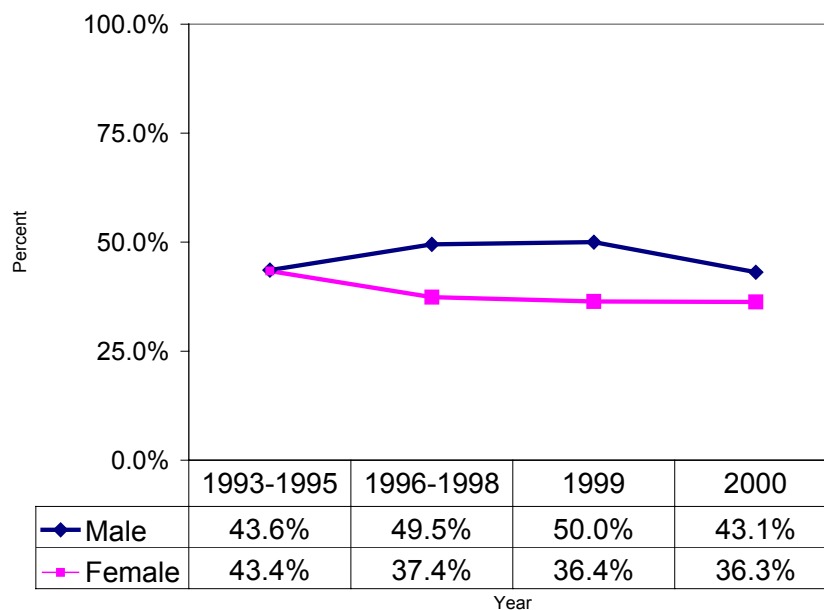


**Fig.39: Trend in Ever Smoked 100 Cigarettes**



In every survey year, men were more likely to smoke cigarettes than women ranging from 43.6 percent of men and 43.4 percent of women in 1993-1995 to 43.1 percent of men and 36.3 percent of women in 2000 (Fig.40). The age group of 45 to 64 consistently showed the greatest likelihood of being regular smokers at some point in their lives (Fig.41).

**Fig.40: Ever Smoked Cigarettes by Gender**

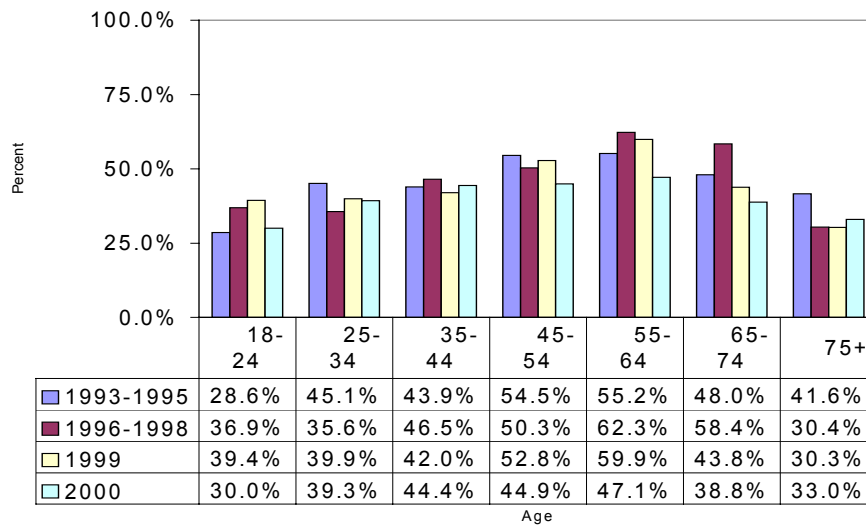


Education level appeared to have played an influential role on a person's smoking status; only 36.2 percent of college educated respondents reported smoking cigarettes compared

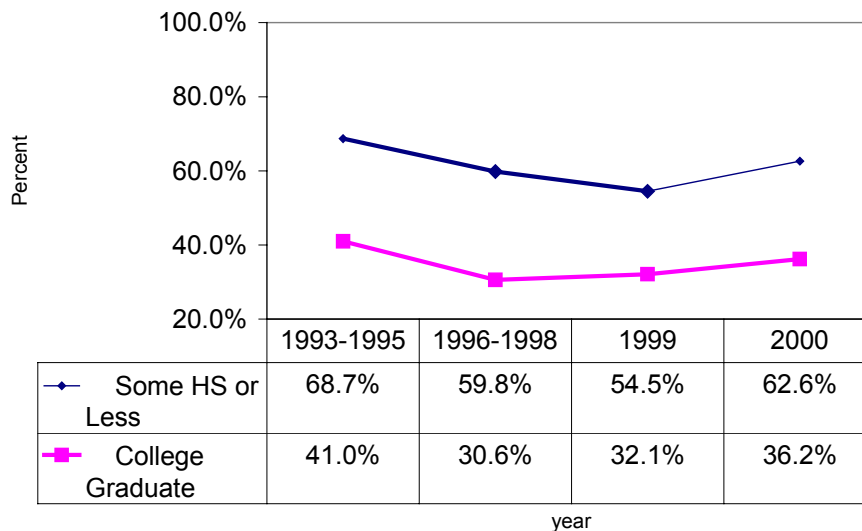


to 62.6 percent of respondents of some high school or less education in 2000 survey. This wide margin of difference between these two education groups was evident in all survey periods (Fig.42). No consistent trend was evident when data was evaluated by income or race (Table 13).

**Fig.41: Prevalence of Ever Smoked Cigarettes by Age Group**



**Fig.42: Prevalence of Ever Smoked Cigarettes in Two Education Groups**



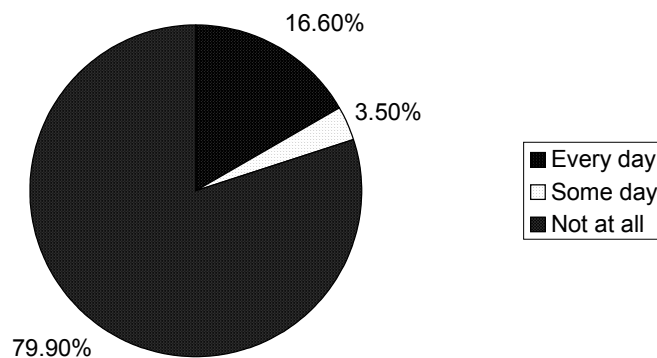


| <b>Table 13: Ever Smoked 100 Cigarettes</b> |                  |                  |             |             |
|---|------------------|------------------|-------------|-------------|
| <b>Years</b>                                | <b>1993-1995</b> | <b>1996-1998</b> | <b>1999</b> | <b>2000</b> |
| <b>Highest Grade Completed</b>              |                  |                  |             |             |
| Some HS or Less                             | 68.7%            | 59.8%            | 54.5%       | 62.6%       |
| Some College                                | 38%              | 46.2%            | 41.8%       | 41.1%       |
| College Grade                               | 41%              | 30%              | 32.1%       | 36.2%       |
| <b>Annual Household Income</b>              |                  |                  |             |             |
| Less than \$10,000                          | 30.5%            | 46.9%            | 40.3%       | 39.7%       |
| \$10,000 - \$15,000                         | 41.6%            | 53.9%            | 49.7%       | 30.3%       |
| \$15,000 - \$20,000                         | 43.6%            | 44.7%            | 38.6%       | 43.8%       |
| \$20,000 - \$25,000                         | 51.4%            | 38.3%            | 50.8%       | 49.7%       |
| \$25,000 - \$35,000                         | 47.1%            | 50.5%            | 59.6%       | 42.8%       |
| \$35,000 - \$50,000                         | 55%              | 49.3%            | 35.1%       | 43%         |
| \$50,000 +                                  | 39.8%            | 38.7%            | 42.8%       | 36.6%       |
| <b>Race</b>                                 |                  |                  |             |             |
| White                                       | 43.8%            | 43%              | 44%         | 39.6%       |
| Non-White                                   | 41%              | 55.2%            | 36.4%       | 42.3%       |

### Current Smoker

In 2000, one-fifth (20.1 %, 95% CI, 18% - 22.2%) of Lancaster County adults representing nearly 38,484 people (18 and older) currently smoked cigarettes at the time

**Fig.43: Prevalance of Current Smoker by Response**



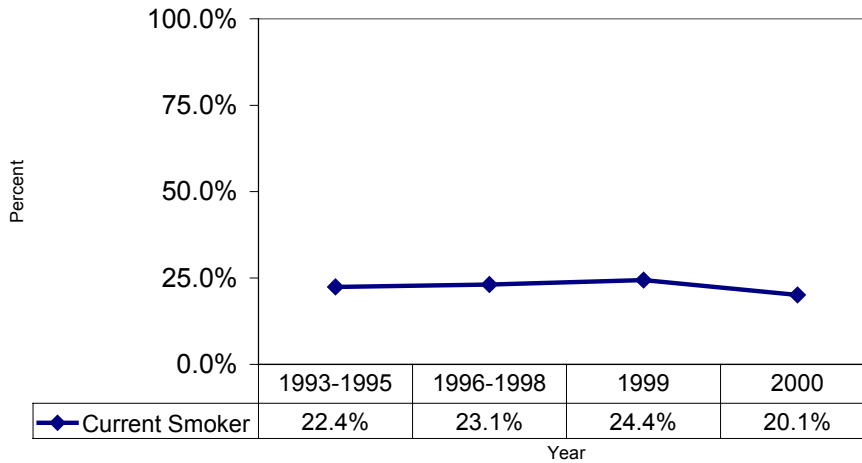
of survey. Figure 43 shows percent of current smokers according to their response: “Every day,” “Some day,” and “Not at all.” Those respondents who are considered current smokers (both every day and some day combined) smoked an average of 16 (95% CI, 15-17) cigarettes a day (one pack contains 20 cigarettes).



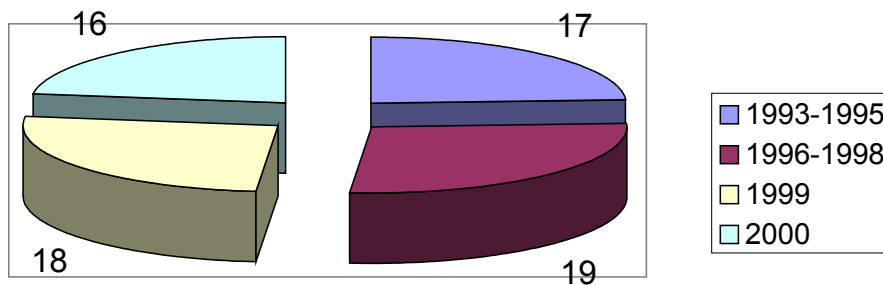
### Prevalence and Trends

The percentage of current smokers steadily increased from 22.4 percent in 1993-1995 to 24.4 percent in 1999. It then declined to 20.1 percent in 2000 (Fig.44a). Average number of cigarette consumption per day reported by these smokers ranged from 16 in 1993-1995 to 19 in 2000 (Fig.44b).

**Fig.44a: Trend in Current Smoker**



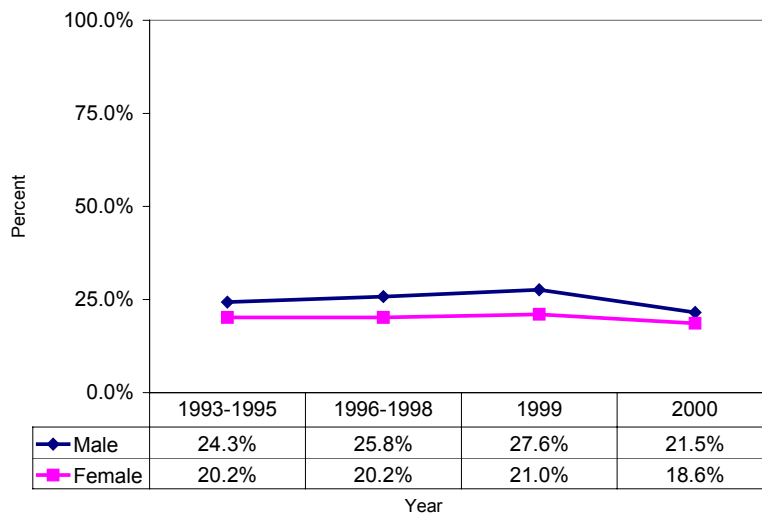
**Fig.44: Trend in Average Number of Cigarettes Smoked**





Lancaster County has more men who currently smoke than women who currently smoke. Approximately 22 percent of men and 19 percent of women fell into the “current smoker” category in 2000. A seven-year trend showed consistently higher numbers of men who smoke than women who smoke (Fig.45). Men smoked an average of 17 cigarettes a day while women smoked 15 (Table 14).

**Fig.45 : Trend in Current Smokers by Gender**



Disparities in current smoking status also existed among people of different educational levels and racial groups. The prevalence of current smokers showed an inverse relationship with educational level. College graduates were three times less likely (12.9%) to smoke than people with some high school or less education (42.1%). They were also two times less likely than high school graduates (24.7%) to be a current smoker. This inverse relationship was also observed in the previous survey years (Fig.46)

**Fig.46: Prevalence of Current Smoker by Education**

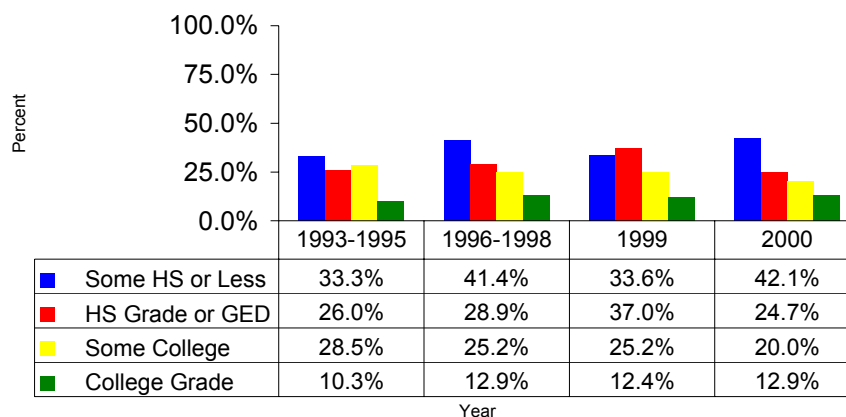
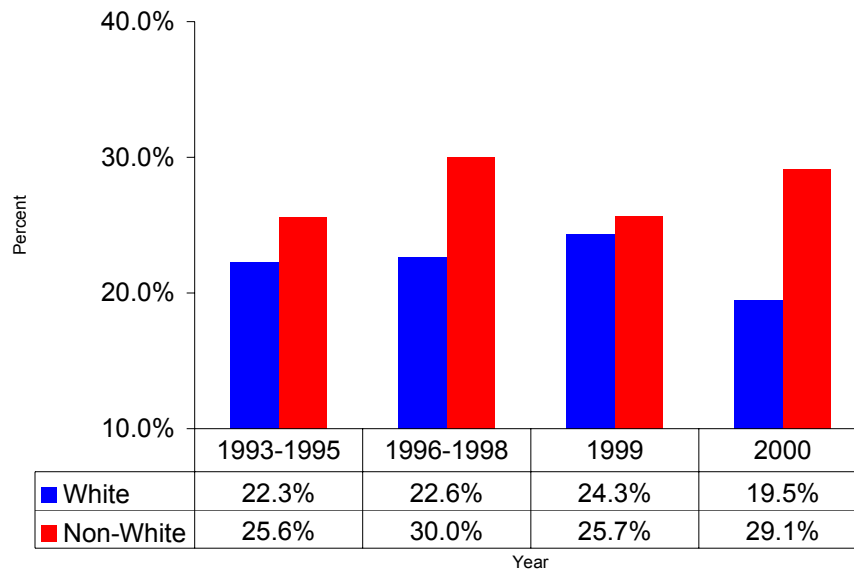


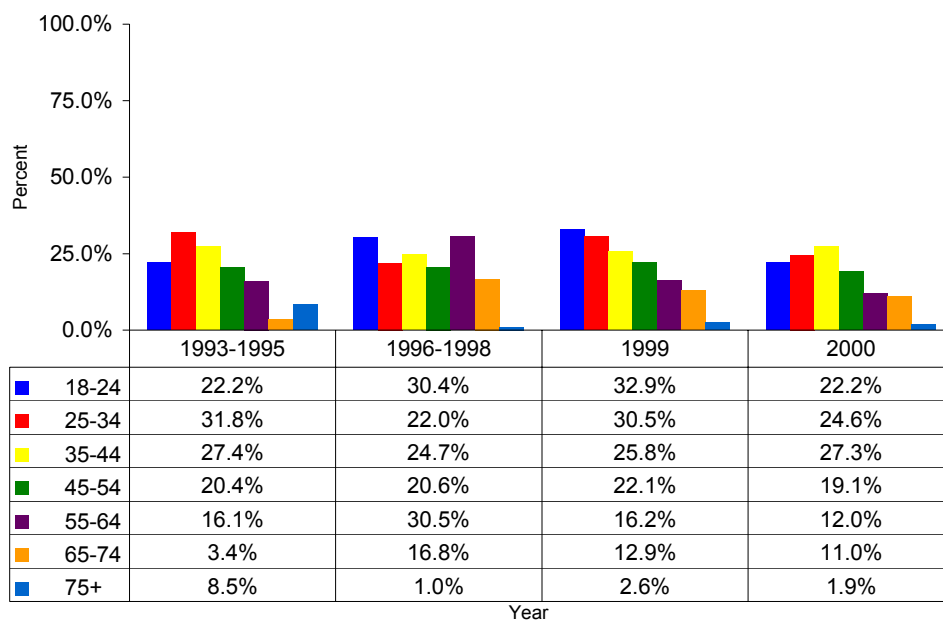


Figure 47 shows trends in current smoking status by racial groups. Regardless of survey years, smoking prevalence was somewhat higher among Lancaster non-whites than whites. In 2000, the rate was 29.1 and 19.5 percent for non-whites and whites respectively. Despite higher proportion of non-white current smokers, white respondents reported smoking more cigarettes than non-white respondents (Table 14). In 2000, the average difference between white and non-white was 16 and 13 cigarettes, respectively.

**Fig.47: Trend in Current Smoker by Race**



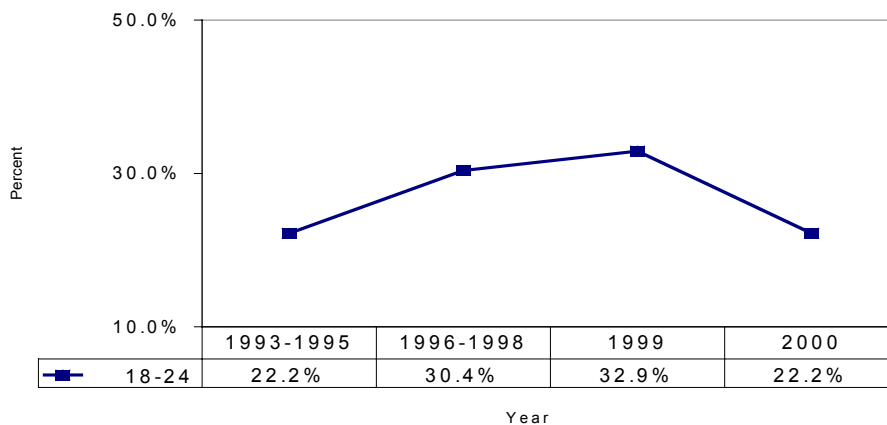
**Fig.48a: Trend in Current Smoker by Age**





Increasing age was aided with decreasing smoking level. The lowest proportion of current smokers was, adults of 75 years or over (1.9%) as compared to more than one-fifth of adults (22.2%) of aged 18-24 years (Fig.48a).

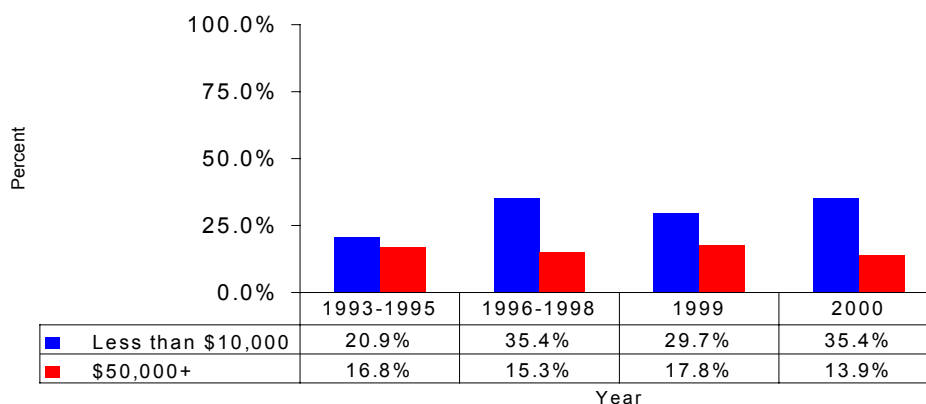
**Fig.48b: Trends in Current Smoker Among Adults Aged 18-24**



The prevalence of smoking among young adults aged 18-24 substantially increased from 22.2 percent in 1993-1995 to 32.9 percent in 1999. However, in 2000 smoking in this age group again returned to 22.2 percent (Fig.48b).

When annual household income was taken into account, there were considerable differences in the current smoking status between income of \$50,000 or more and less than \$10,000. The differences were evident in both current and previous surveys (Fig.49). More than one-third of respondents (35.4%) with an income of less than \$10,000 reported to be current smokers in 2000. This rate was only 13.9 percent for income groups of \$50,000 or more.

**Fig.49: Trend in Current Smoking Status Between Two Income Groups**





| <b>Table 14: Average Number of Cigarette Smoked by Current Smokers</b> |                  |                  |             |             |
|--|------------------|------------------|-------------|-------------|
| <b>Years</b>   | <b>1993-1995</b> | <b>1996-1998</b> | <b>1999</b> | <b>2000</b> |
| <b>Annual Household Income</b>   |                  |                  |             |             |
| Less than \$10,000   | 12               | 16               | 17          | 16          |
| \$10,000 - \$15,000  | 18               | 13               | 18          | 15          |
| \$15,000 - \$20,000  | 19               | 17               | 12          | 16          |
| \$20,000 - \$25,000  | 17               | 18               | 18          | 18          |
| \$25,000 - \$35,000  | 16               | 20               | 17          | 15          |
| \$35,000 - \$50,000  | 17               | 20               | 22          | 18          |
| \$50,000 +   | 18               | 17               | 16          | 17          |
| <b>Age Group</b>   |                  |                  |             |             |
| 18-24  | 13               | 18               | 15          | 13          |
| 25-34  | 18               | 17               | 16          | 17          |
| 35-44  | 18               | 19               | 20          | 16          |
| 45-54  | 18               | 21               | 23          | 18          |
| 55-64  | 14               | 19               | 23          | 19          |
| 65-74  | 15               | 17               | 20          | 14          |
| 75+  | 12               | 20               | 20          | 8           |
| <b>Sex</b>   |                  |                  |             |             |
| Male   | 17               | 20               | 19          | 17          |
| Female   | 17               | 16               | 16          | 15          |
| <b>Race</b>  |                  |                  |             |             |
| White  | 17               | 19               | 18          | 16          |
| Non-White  | 11               | 14               | 14          | 13          |

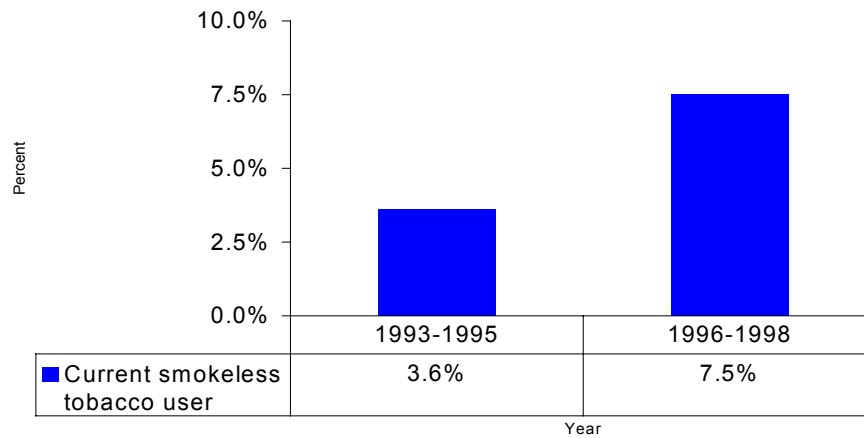
## Smokeless Tobacco Use

### Prevalence and Trend

In the 1996-1998 survey period, 7.5 percent (95% CI, 4.5% - 10.5%) of adults reported that they were currently using smokeless tobacco such as chewing tobacco or snuff (Questions on smokeless tobacco use were not asked in the 1999 and 2000 surveys). Smokeless tobacco use among Lancaster County residents (18 years and above) has gone up two-fold since the 1993-1995 survey period (Fig.50).



**Fig.50: Current Smokeless Tobacco User**



Smokeless tobacco use was much higher among men (4.1%) than women (0.7%) and non-whites (6.6%) than whites (2.2%). Over the years, use of smokeless tobacco has declined among the white population and increased among the non-white populations (Fig.51).

**Fig.51: Trend in Current Smokeless Tobacco Use by Race**

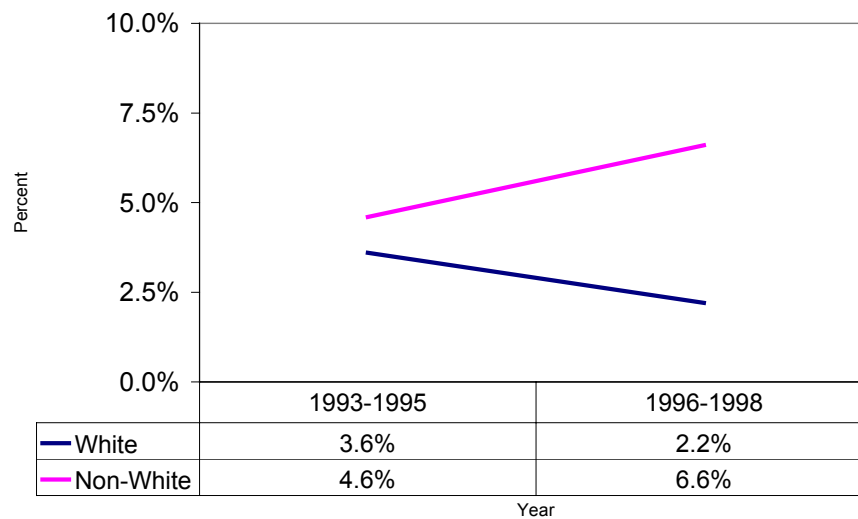


Table 15 presents the smokeless tobacco use by age, income, and education level of the BRFSS survey respondents.



| <b>Table 15: Current Smokeless Tobacco Use</b> |                  |                  |
|--|------------------|------------------|
| <b>Year</b>                                    | <b>1993-1995</b> | <b>1996-1998</b> |
| <b>Age Group</b>                               |                  |                  |
| 18-24  | 4.9%             | 6.1%             |
| 25-34  | 4.7%             | 2.7%             |
| 35-44  | 3.6%             | 0.4%             |
| 45-54  | 1.2%             | 1.6%             |
| 55-64  | 4.4%             | 1.1%             |
| 65-74  | 3.3%             | 2.5%             |
| 75+  | 0%               | 0%               |
| <b>Annual Household Income</b>                 |                  |                  |
| Less than \$10,000                             | 8.9%             | 0%               |
| \$10,000 - \$15,000                            | 3.1%             | 13.5%            |
| \$15,000 - \$20,000                            | 4.6%             | 5.3%             |
| \$20,000 - \$25,000                            | 4.2%             | 0.7%             |
| \$25,000 - \$35,000                            | 3%               | 2%               |
| \$35,000 - \$50,000                            | 7.2%             | 1.5%             |
| \$50,000+                                      | 0%               | 2.5%             |
| <b>Highest Grade Completed</b>                 |                  |                  |
| Some HS or Less                                | 11.4%            | 3.4%             |
| HS Grade or GED                                | 1.3%             | 2.6%             |
| Some College                                   | 2.9%             | 3.4%             |
| College Grade                                  | 5.1%             | 1.2%             |